

## Activity Registration

General Information		Restrictions			
Name:	Lifeguard Training Class-Tue 6:30p Sat 8:30a	Min Age:	15	Max Age:	N/A
Code:	Lifeguard-TueSat	Min Grade:	N/A	Max Grade:	N/A
Type:	Aquatics	Gender:	CO-ED		
Facility:	RC Pool-Full	Prerequisites:	See Below		
Season:	Winter	Fees			
Start/End Date:	N/A-N/A	RC Lifeguard Training			\$209.55
Start/End Time:	N/A-N/A				
Days:	Tuesday Saturday				

### Instructor/Contact

To be announced...

### Description

Red Cross Lifeguarding Class

Certification Requirements:

Pass one written test with a minimum grade of 80% or better on each section.

Successfully complete four final skill scenarios.

Successfully performs all critical skills.

Please Note: Students should wear appropriate swimwear for performing rescues in the water; no bikini swim suits.

Class Fee: \$225. This fee includes the American Red Cross Lifeguard Training manual and a pocket mask breathing barrier.

Class Dates/Times:

Tuesday, Feb. 12th -6:00 p.m. - 10:00 p.m.; Tuesday Feb. 19th - 6:30 p.m. - 9:30 p.m.; Tuesday, March 5th - 6:30 p.m. - 9:30 p.m.; Tuesday, March 19th - 6:30 p.m. - 9:30 p.m.; Saturday, March 23rd - 8:30 a.m. - 3:00 p.m.

Meet in Activity Room # 3 at the Recreation Center on Tuesday, February 12th at 6:00 p.m.

Lifeguard Training class will qualify individual to work in a pool setting- not ocean or surf beach. Course of instruction established by American Red Cross.

Prerequisites:

Swim 300 yard continuously using these strokes in the following order:

+ 100 yards front crawl using rhythmic breathing and a stabilising, propellent kick.

+ 100 yards breaststroke.

+ The last 100 yard may be a mixture of front crawl or breaststroke.

Swim 20 yards front crawl or breaststroke, dive to a depth of 7-10 feet, retrieve a 10 pound object and return to the surface and swim 20 yards back to the starting point.

[Register](#)